

Two times a day (morning and night), write down your temperature and any COVID-19 symptoms you may have: feeling feverish, coughing, or difficulty breathing. Do this every day for 14 days.

1. Fill in the dates on the log, starting with Day 0 and ending with Day 14. Day 0 is the day you left the country with an outbreak of COVID-19.
2. Start recording your temperature and symptoms, beginning with today's date.
3. If you get sick, contact your health department. Be sure to tell them that you traveled from country with an outbreak of COVID-19, your symptoms, and that you are self-monitoring.
4. Your daily health checks are complete 14 days after the day you left the country with an outbreak of COVID-19, or as indicated by public health authorities.

DAY	DATE	SYMPTOMS	TEMP
DAY 0	Feb 1, 2020	Day 0 is the day you left the country with an outbreak of COVID-19.	
DAY 1	Feb 2, 2020	 No Symptoms	97.4 F
		 No Symptoms	98.6 F
DAY 2	Feb 3, 2020	 No Symptoms	96.9 F
		 No Symptoms	98.6 F
DAY 3	Feb 4, 2020	 No Symptoms	98.0 F
		 No Symptoms	98.6 F
DAY 4	Feb 5, 2020	 No Symptoms	97.3 F
		 No Symptoms	98.6 F
DAY 5	Feb 6, 2020	 No Symptoms	96.5 F
		 No Symptoms	98.6 F

Symptom and Temperature Log



Write your symptoms and temperature in the space below every day for 14 days.

DAY	DATE	SYMPTOMS	TEMP
DAY 0		Day 0 is the day you left the country with an outbreak of COVID-19.	
DAY 1		 	
DAY 2		 	
DAY 3		 	
DAY 4		 	
DAY 5		 	
DAY 6		 	
DAY 7		 	
DAY 8		 	
DAY 9		 	
DAY 10		 	
DAY 11		 	
DAY 12		 	
DAY 13		 	
DAY 14		 	



If you get sick, contact your health department as instructed and remind them you traveled from a country with an outbreak of COVID-19, your symptoms, and that you are self-monitoring. Your daily health checks are complete at 14 days, or as indicated by public health authorities.